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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.

FAMILY FOOD GUIDE

Every meal - Milk for children, bread for all.
Every day - Cereal in porridge or puddings.
Potatoes.
Tomatoes (or oranges) for children.
A green or yellow vegetable.
A fruit or additional vegetable.
Two to four times a week
Tomatoes for all.
Dried beans and peas or peanuts.
Eggs (especially for children).
Lean meat, fish or poultry, or cheese

Simple meals are Best

Families with limited incomes, as a rule, do not need to be reminded that simple meals are always best. When the income is small most adults as well as children will find their appetites are satisfied with an abundance of a few foods rather than a little bit of several things.

You can follow your family food guide, if you serve meat or fish three or four times a week as the main dish for dinner. Other days you may choose cheese, baked beans or a thick pea or bean stew.

The meat allowance is small but its flavor can be extended and the whole meal made more palatable if vegetables are cooked with it. Other ways in which this can be done are by stuffing, making dumplings and gravy, or by cooking the meat with potatoes, rice or macaroni. The skillful use of onions, carrots, celery, and tomatoes in small amounts heightens the flavor of stews and soups while at the same time it adds to the attractiveness of meals. You should definitely plan to use part of the weekly allowance of vegetables for this purpose.

Potatoes and one other vegetable or fruit should be served every day for dinner. Some days the vegetables may be served raw as a salad. Canned tomatoes, shredded cabbage, grated carrots and turnips, sliced onions, and many greens may be eaten raw with salt or salad dressing. They are delicious and more healthful raw than cooked. Then none of the mineral salts or vitamins are lost. This also saves fuel cost.

A dessert is not absolutely necessary but adds interest and flavor to the diet. Some inexpensive and very good ones include bread, rice or Indian pudding, and shortcake made with dried fruit.

LOW-COST WEEKLY MARKET ORDER FOR FAMILIES OF GIVEN AGE GROUPS

The orders below are suggested for families suffering from shortage of home-grown foods and ready cash. They are not considered optimum for nutrition, but it is believed that they can be safely used. Any reduction in the suggested amounts of milk, vegetables, and of lean meat must be made with great discretion.

Food materials	Family composition				
	: 2 adults; : 1 child : aged 3 : years	: 2 adults; : 3 children : aged 2, 4, : 7 years	: 2 adults; : 5 chil- : dren aged : 2, 5, 8, 12, : 15 years	: 3 adults; : 7 chil- : dren aged : 2, 4, 6, 8, : 10, 13, 15	: 4 : adults
	: : Quantity	: : Quantity	: : Quantity	: : Quantity	: : Quantity
Bread	10-15 lbs.	12-16 lbs.	16-22 lbs.	25-35 lbs.	22-27 lbs.
Flour	1-2 "	1-2 "	3-4 "	3-5 "	4 "
Cereal	3-4 "	4-6 "	6-8 "	10-12 "	4-7 "
Whole milk*	9-14 qts.	23-28 qts.	30-39 qts.	43-46 qts.	4-8 qts.
Potatoes	8-10 lbs.	15-20 lbs.	20-30 lbs.	30-40 lbs.	15-20 lbs.
Legumes, such as dried beans, peas, lentils, peanut butter	1-2 "	1-2 "	1-3 "	2-5 "	1-3 "
Tomatoes, fresh or canned: (or oranges)	4 "	6 "	9 "	12 "	6 "
Other vegetables, fresh or canned (include some of green or yellow color), as carrots, cabbage, spinach, turnips, onions, beets, string beans; inexpensive fruit, fresh, canned, or dried,* as apples, bananas, berries, prunes, peaches	12-14 "	15-18 "	20-25 "	30-40 "	20-25 "
Fats, as butter, or butter substitutes, salt pork, bacon, lard, vegetable oils	2 "	2-1/2 "	4 "	6 "	4 "
Sugar* (Use some unrefined cane molasses)	3 "	3 "	5 "	7 "	5 "
Lean meat, liver, fish, cheese, eggs	3-5 "	5-7 "	7-10 "	10-14 "	5-10 "
Additional eggs (for younger children)	3 eggs	8 eggs	8 eggs	8 eggs

*See Equivalent weights and measures of selected food materials.

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SUGGESTED LOW-COST FOOD SUPPLY FOR PERSONS OF VARIOUS AGES*

Listed below are the approximate amounts of foods which will meet the needs of persons of various ages. These combinations and proportions of food give good returns for a limited outlay of money. The quantities are stated flexibly to permit some adjustment to individual needs. These proportions are not considered optimum for nutrition, but it is believed that they can be safely used. Any changes should be made with great discretion, preferably only by a person well-trained in nutrition.

By adding together the amounts needed by each individual member being fed the approximate total amount needed for any group can readily be found.

Food	:Units:	:Man	:Woman	:Boy	:Girl	:Boy	:Girl	:Child	:Child	:Child	
				14-17	14-17	9-13	9-13	6-8	3-5	2 or less	
MILK	:Qts.	1-3½	3½-7	3½-5	5-7	7	7	7	7	7	
GRAIN PRODUCTS											
Bread	:Lbs.	5-7	4-5	4-5	2	2-3	2-3	1-3	½-1	¾-1	
Flour	: "	1	½-1	½-1	½-1	½-1	½-1	**	**	**	
Cereal	: "	1-2	1	1	1	½-1	½-1	1	½-1	½	
VEGETABLES & FRUITS:											
Potatoes	: "	4-7	3-4	5-7	4-5	4-6	3-4	2-3	2	1-2	
Legumes	: "	¼-¾	¼-½	½	¼-½	¼-½	¼	**	**	..	
Tomatoes	: "	1½-2	1½-2	1½-2	1½-2	1-2	1-2	1-1½	1-1½	1	
Other vegetables and fruits	: "	5-8	4-6	3-5	3-5	3-5	3-5	3-5	3-4	1-2	
LEAN MEAT, fish, poultry	: "	1½-2	1-2	1½-2	1-2	1-2	1-1½	¾-1	**	..	
EGGS	:No.	1-3	1-3	1-3	1-3	3-4	3-4	5-7	5-7	3-4	
CHEESE, nuts, gelatin	:Lbs.	¼	¼	¼	¼	1/8	1/8	**	
FATS and oils as butter or substitutes, lard, bacon, salt pork, vegetable oils	: "	1	¾	1	2/3	2/3	2/3	1/3-½	1/8-¼	**	
SUGARS and sweets	: "	1-1½	1-1½	1-1½	1	¾-1	2/3	¼-1/3	1/8	**	
BEVERAGES: Coffee	: "	½	½	
(Select Tea	: "	1/8	1/8	
one) Cocoa	: "	1/3	1/3	1/3	1/3	1/3	1/3	
OTHER FOODS OR ACCESSORIES:											
Cod-liver oil		Use upon the Recommendation of a Physician							As a food cod-liver oil is desirable		
Yeast									from 1 tsp. to about 1 tbsp. daily (especially during winter).		

*Adapted from "Suggested ration for a week -- grocery order" prepared by the Nutrition Service, American Red Cross for use in disaster, in consultation with the Bureau of Home Economics, U. S. Department of Agriculture, and with the U. S. Public Health Service, Washington, D. C.

**Children may have some of food named but amount is too small to note here.

EQUIVALENT WEIGHTS AND MEASURES OF SELECTED FOOD MATERIALS

MIK: If fluid milk is not available, one pound of unsweetened canned milk may be used for each quart of whole milk. To use dry skim milk in any dietary which calls for fresh whole milk, allow for every 5 quarts of whole milk one pound of dry skim milk, and provide in addition 5 to 6 ounces of butter substitute or other fat, and one ounce of cod-liver oil.

EGGS: One dozen eggs of medium size as purchased weighs about 1-1/2 pounds.

GRAIN PRODUCTS: If bread is baked at home, allow 1 pound flour for 1-1/2 pounds bread.

MOLASSES: Cane, 1 quart (2.9 pounds) can replace 2 pounds cane or beet sugar.

TOMATOES: The contents of one No. 3 can (or 1 quart jar) weigh approximately 2 pounds.

FRUITS: One pound dried fruit can replace approximately 4 or 5 pounds fresh fruit.

SUGGESTIONS FOR BUYING AND MEAL PLANNING

Use the varieties of each type of food, as cereal, vegetables, fruits or meats, which are cheapest from week to week.

At every meal serve milk to children and bread to all.

For breakfast - have toast and cereal (often a "whole-wheat" bread or cereal) with milk for all. Serve milk or cocoa to children and coffee or tea only to adults.

For dinner - three or four times a week let the main thing be a dish containing meat or fish, as lamb or beef stew with vegetables, or escalloped or creamed salmon; once or twice, a cheese dish or eggs; and about twice weekly baked beans or a thick pea or bean soup. Serve potatoes with one other vegetable or fruit every day. A sweet dessert, as bread or cereal pudding, may be added.

For supper - serve a thick vegetable chowder or soup, baked potatoes, creamed vegetables or cereal mush. Fresh or dried fruit or a cereal pudding may be used as a dessert, if desired.

Leaflets on the use of beans, less expensive meats, wheat germ, rice polishings, and Aunt Sammy's Radio Recipes may be obtained from the Bureau of Home Economics of the U. S. Department of Agriculture, Washington, D. C.

Many home economics departments of State agricultural colleges are prepared to furnish suggestions for planning and preparing inexpensive meals.

